



The University of Southern Queensland

Course specification

Description: Sport and Exercise Psychology Theory and Research

Subject	Cat-nbr	Class	Term	Mode	Units	Campus
PSY	8100	30465	1, 2004	ONC	1.00	TWMBA

Academic group:	FOSCI
Academic org:	FOS005
Student contribution band:	1
ASCED code:	090701

STAFFING

Examiner: Peter Terry
Moderator: Paul Bramston

RATIONALE

To prepare research and design interventions in sport psychology, students need to examine the origins and development of the field and its relationship with other areas of psychology. This course is designed for that purpose.

SYNOPSIS

The course covers the theory and methods of sport psychology. Theory and research into psychological factors that affect the behaviour of the individual athlete and sport teams will be discussed. Although the focus of sport psychology has been on the elite performer, emphasis will be placed on the applicability of theory and research in this branch of the discipline to sport and exercise participants across the whole community.

OBJECTIVES

On successful completion of this course students will be able to:

- demonstrate an understanding of the major theories and concepts in sport psychology;
- demonstrate a knowledge of research in sport psychology;
- critically assess research literature in sport psychology.

TOPICS

Description	Weighting (%)
1. Personality	10.00
2. Mood and emotions	10.00

3. Anxiety	10.00
4. Attention	10.00
5. Motivation	10.00
6. Self efficacy	10.00
7. Psychology of sport injuries	10.00
8. Exercise Psychology	10.00
9. Group dynamics	10.00
10. Cohesion and Leadership	10.00

TEXT and MATERIALS required to be PURCHASED or ACCESSED:

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at <http://bookshop.usq.edu.au> click 'Semester', then enter your 'Course Code' (no spaces).

Morris, T & Summers, J (eds) 1994, *Sport Psychology: Theory, Applications and Issues*, Wiley, Brisbane.

REFERENCE MATERIALS:

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

Carron, AV & Hausenblas, HA 1998, *Group dynamics in Sport*, 2nd edn, Fitness Information Technology, Morgantown.

Cox, RH 2002, *Sport Psychology: Concepts and Applications*, 5th edn, McGraw-Hill, New York.

Duda, JL (ed) 1998, *Advances in Sport and Exercise Psychology Measurement*, Fitness Information Technology, Morgantown.

Hardy, L, Jones, G & Gould, D 1996, *Understanding psychological preparation for sport*, Wiley, New York.

Moran, AP 1996, *The Psychology of Concentration in Sport Performers: A Cognitive Analysis*, Psychology Press, Hove.

Ostrow, AC 1996, *Directory of Psychological Tests in the Sport and Exercise Sciences*, 2nd edn, Fitness Information Technology, Morgantown.

Roberts, GC (ed) 2001, *Advances in motivation in Sport and Exercise*, Human Kinetics, Champaign.

Van Raalte, JL & Brewer, BW (eds) 2002, *Exploring sport and exercise psychology*, 2nd edn, American Psychological Association, Washington, DC.

STUDENT WORKLOAD REQUIREMENTS:

ACTIVITY	HOURS
Assessment	24.00
Private Study	90.00
Seminars	52.00

ASSESSMENT DETAILS

Description	Marks out of	Wtg(%)	Due date
CRITIQUE	100.00	10.00	04 May 2004
RESEARCH PROPOSAL	100.00	40.00	01 Jun 2004
3 HOUR OPEN TEST	100.00	50.00	14 Jun 2004

IMPORTANT ASSESSMENT INFORMATION

- 1 Attendance requirements:
It is the students' responsibility to attend and participate appropriately in all activities scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of course-related activities and administration.
- 2 Requirements for students to complete each assessment item satisfactorily:
To complete each of the assignments satisfactorily, students must obtain at least 50% of the marks available for each assignment. To complete the examination satisfactorily, students must obtain at least 50% of the marks available for the examination.
- 3 Penalties for late submission of required work:
If students submit assignments after the due date without prior approval then a penalty of 5% of the total marks available for the assignment will apply for each working day late.
- 4 Requirements for student to be awarded a passing grade in the course:
To be assured of a passing grade, students must demonstrate, via the summative assessment items, that they have achieved the required minimum standards in relation to the objectives of the course by: (i) satisfactorily completing the examination and assignments; and (ii) obtaining at least 50% of the total weighted marks available for all summative assessment items.
- 5 Method used to combine assessment results to attain final grade:
The final grades for students will be assigned on the basis of the weighted aggregate of the marks (or grades) obtained for each of the summative assessment items in the course.
- 6 Examination information:

In an OPEN Examination, candidates are allowed to bring only writing and drawing instruments into the examination.

- 7 Examination period when Deferred/Supplementary examinations will be held:
Any Deferred or Supplementary examinations for this course will be held during the examination period at the end of the semester of the next offering of this course.
- 8 University Regulations:
Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL <http://www.usq.edu.au/corporateservices/calendar/part5.htm> or in the current USQ Handbook.

ASSESSMENT NOTES

- 9 Students must retain a copy of each item submitted for assessment. This must be produced within five days if required by the Examiner.
- 10 The examiner may grant an extension of the due date of an assignment in extenuating circumstances.
- 11 The Faculty will normally only accept assessments that have been written, typed or printed on paper-based media.